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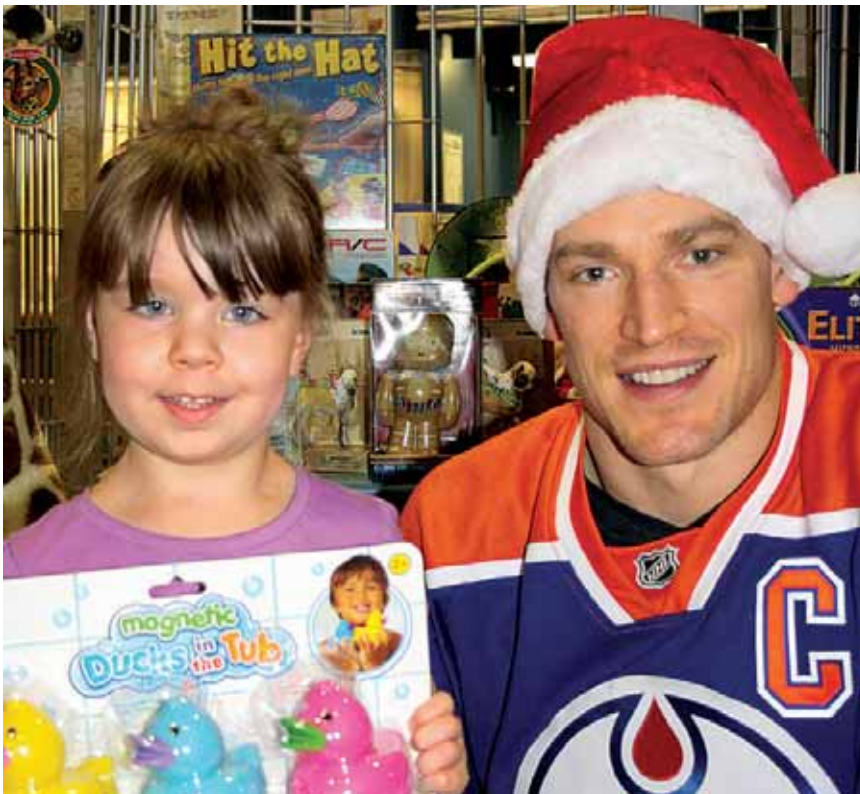
Dietary experts offer advice on how to contain the damage of inevitable overeating during the holiday period **PAGE 21**

## Can't trust you with electronic data: Minister

Tony Clement says the feds fear people spreading lies **PAGE 8**

## HAPPY HOLIDAYS! HERE'S A PIECE OF CARDBOARD

COLUMNIST PAUL SULLIVAN PONDER'S WHY WE'RE STILL SENDING XMAS CARDS **PAGE 15**



## THANKS, CAP'N CLAUS

Oilers captain Andrew Ference, right, let four-year-old Delta Lemon pick a present for her brother Caleb, 2, who couldn't come to the Stollery Hospital playroom for the Oilers Christmas visit on Monday. Caleb will remain at the Stollery over Christmas, recovering from being hit by a truck near their Calmar home in early December. Story, page 6. LUCY HAINES/FOR METRO

# Five programs to see tuition hikes

**University of Alberta.** Outrage meets elation after province approves 25 market modifiers



**STEPHANIE DUBOIS**  
stephanie.dubois@metronews.ca

Students in five University of Alberta programs will have to pay more for their education, now that the provincial government approved 25 market modifiers on Tuesday.

The highest proposed tuition hike in Edmonton goes to law students, who could face a 56 per cent increase, bringing their total cost per year to \$15,995.

Student representatives say the decision to approve U of A's proposed market modifiers is nothing short of poor government management.

"By putting these increases onto students at this magnitude is amazing, and not in a good sense," said Navneet

Khinda, vice-president external with the University of Alberta Students' Union and chairwoman of Council of Alberta University Students.

"This entire process has been quite dishonest. From the get-go, consultation wasn't followed, legitimate student groups weren't heard or respected by government. That's disheartening."

But Advanced Education Minister Donald Scott said he travelled around the province to talk with institutions before making his decisions.

"There's a lot of challenges out there right now," he said. "I want students to have a great experience in Alberta, and part of that great experience is having access to quality programs at institutions — and I believe that's going to be a direct result of the approvals that were given today."

According to the government's release Monday, the modifications affect less than one per cent of all post-secondary programs in Alberta but will bring \$21 million in an-

**Impact**

## 13,367

Approximately 13,367 students will be affected by the tuition hikes.

nual revenue to those schools.

Olive Yonge, interim provost at the U of A, is "so, so happy" that the government approved the market modifiers because it will mean more dollars for students' education.

"The funding will be used for enhancing the quality of student experience at the University of Alberta, and part of the money goes to student support and enhancing teachers' resources," she said. "They're trying to work with us and our needs."

The province added in their release that the modifications will bring the costs of many of the affected programs in line with those at other Canadian schools.

**WITH FILES FROM JEREMY NOLAIS/  
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## Charges. Parents of battered aboriginal girl 'hurting'

A few days before a six-year-old girl was found battered and near death on an Alberta reserve, she was singing and smiling at her school Christmas concert.

The aboriginal girl had been missing for almost two hours Saturday when family members discovered her outdoors on the Paul First Nation near Duffield, west of Edmonton.

Various media reports have said she was naked in the snow in the woods.

RCMP arrested a man known to the girl later that night. James Clifford Paul, 21, faces charges of attempted murder, aggravated sexual assault and kidnapping.

Shane Pospisil, a co-manager of the Paul band, visited the girl and her parents Sunday at the Stollery Children's Hospital in Edmonton, where she was listed in critical but stable condition.

He said the child in the hospital bed looked nothing like the one he saw so happy, wearing a fancy dress at the concert last week.

"I just remember a girl that was smiling from ear to ear and I recall her sitting on Santa's knee," Pospisil said Monday.

He said her parents are devastated and staying by her bedside. Several native elders are also at the hospital, praying she'll pull through.

"They're hurting right now big-time, as I think all of us are who know the little girl," said Pospisil, choking back tears. **THE CANADIAN PRESS**

# Smartfare project waiting for province

## GreenTRIP dollars.

Edmonton may have to wait for implementation of the system if Alberta can't come up with the money in its budget



STEPHANIE  
DUBOIS  
stephanie.dubois@metronews.ca

Smartfares on Edmonton Transit could take longer to implement than expected if the province doesn't pony up in what Premier Jim Prentice has already considered to be a tight upcoming budget.

City officials are awaiting a decision on GreenTRIP dollars, which will be the final piece in getting local and regional transit users easier ways to pay when they hop aboard.

"The unknown is what the province will do," said Lorna Stewart, director of customer experience and innovation with the city.

Edmonton, St. Albert and Strathcona County have already dedicated their portion of the project's dollars but await the province's commitment. If funding isn't in the provincial budget come March, city administration will have to return to council for direction.

"I know the mayor is hopeful it's funded, but if it isn't, then we'll be back to council to ask them what they'd like to do," said Stewart.

Alberta Transportation



Smartfare machines as seen in this photo were installed on some Calgary buses, something the City of Edmonton, St. Albert and Strathcona County all want to do on their buses. METRO FILE

## Quoted

**"We're hopeful it will all come together because we've waited so long for it."**

Lorna Stewart, director of customer experience and innovation with the city

Minister Wayne Drysdale wasn't available for comment Monday, but his press secretary, Christine Way, said the government is "currently reviewing submissions" that they have received from across the province and that they're "aware of the GreenTRIP proposal" put forth by

the regional partners.

City officials say if the province decides not to fund the smartfare project, there could be adverse affects on the city's smartbus plans as well, since city council has decided to do both transit initiatives together to save money in the long run.

## The cost

**\$42.2 million is the total cost of the smartfare project.**

- Edmonton city council committed to also funding the smartbus initiative to pair with smartfares as it is cheaper in the long run
- The city just recently approved \$4.7 million in this last budget

1 NEWS

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# Dirks stands by decision to put GSA debate on hold

**Gay-straight alliances.** Education minister maintains Bill 10 better than similar Liberal offering



**JEREMY NOLA**

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In the face of heavy criticism from Alberta's LGBTQ community, the provincial education boss maintained Tuesday that his government's Bill 10 was "designed to ensure" students would be granted the right to establish gay-straight alliances (GSAs).

Even still, Education Minister Gordon Dirks vouched support for a decision by his boss, Premier Jim Prentice, to put a third reading of the controversial measures on hold until the New Year.

"It's clear that the public was expressing interest in this matter," he said. "Sometimes, you don't know until a piece of legislation is there that there's actually going to

be a significant interest in consultation and conversation on it."

But Bill 10 proved to be the most debated legislation of the fall session, and was introduced only after a similar offering was put forward by Alberta Liberal MLA Laurie Blakeman.

While Blakeman's bill would have required school boards to back the establishment of GSAs, which are peer support groups that educators have said operate in much the same manner as other student-led clubs, the Tory bill stated only that the education minister would intervene to ensure kids could meet, but not necessarily on school property.

On Dec. 4, Prentice took responsibility for the "divisive debate" that had erupted over the bill and pledged more consultation before revisiting the matter in 2015.

Dirks, who had not granted previous interview requests on the GSA matter, said Monday "it was certainly the right thing to do to put the bill on pause."

## Quoted

**"Sometimes, you don't know until a piece of legislation is there that there's actually going to be a significant interest in consultation and conversation on it."**

Education Minister Gordon Dirks



After numerous requests from Metro for an interview on the matter, Alberta Education Minister Gordon Dirks vouched support for gay-straight alliances Monday. JENNIFER FRIESEN/FOR METRO

Still, he deemed Bill 10 more "fulsome" than Blakeman's offering.

Dirks, meanwhile, said he didn't have a sense of where the GSA debate was "going to land."

"I don't have a projection ... it's too early to tell that," he said. "We're in listening mode — conversation mode

— with Albertans."

He also rejected any criticism that he had kept quiet during intense debate in the legislature over a bill his ministry would ultimately be responsible for presiding over.

"I actually didn't keep quiet. If anybody had been watching question period

... virtually every day, the premier or myself was commenting on the importance of ensuring that we have schools that are safe, caring, respectful, inclusive, that we support — that I support — GSAs, that the bill was designed to ensure that children would get GSAs if they desired them," he said.

## Heather Forsyth

### Wildrose names new leader

After previously stating that she would retire after this legislative sitting, Heather Forsyth, MLA



**Heather Forsyth**  
JENNIFER FRIESEN/  
FOR METRO

for Calgary-Fish Creek, has been named the new interim leader for the Wildrose Party.

The decision comes a week after nine Wildrose MLAs, including leader Danielle Smith, crossed the floor to join the Progressive Conservatives, their former rivals.

The party made the announcement Monday afternoon and Forsyth told Albertans that the Wildrose Party will not give up their opposition status.

"Let there be no question: Albertans did not lose their opposition," Forsyth said in her opening speech.

The address was made alongside MLAs Drew Barnes, who was named the new caucus whip, and Shayne Saskiw, who has taken on the role of the house leader. When asked whether or not the Liberals have taken on the opposition role, Saskiw said that all legislation indicates that in this situation, "existing official opposition retains the status provided that they have a leader."

JENNIFER FRIESEN/FOR METRO



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## E-LERTER. Local company helped send out Amber Alert info quicker

One local company helped get the word out quicker Friday afternoon when three children were missing, as stated in an Amber Alert.

E-LERTER — an emergency notification app released at the beginning of December — was able to let users of the free service know 16 minutes before the province's emergency app sent out the information that three children were missing along with other details.

All of this information, E-LERTER officials say, was processed by their app much quicker as well.

"Between the feeds coming through and the information going out and received by the users, it was a minute and a half," said Jamie Brandt, E-LERTER Corp. president.

Push notifications let active users know of any emergencies like the three missing children via GPS

### Charges laid

Two people have been charged in relation to the Amber Alert after a 50-year-old man and a 31-year-old woman were arrested in Evansburg.

so that it can tailor messages for the users specific to their region.

"It's information everybody should have and that's why the Alberta Emergency Alert system broadcasts over TV, radio and the signs because they want to let as many know as possible. Those are all good ways, but everybody has a smartphone," said Brandt. "I think there is going to be more app-based systems in the future because that is the way everything goes now."

STEPHANIE DUBOIS/METRO

# Neighbour helping neighbour in Edmonton

**Holiday season.** The Christmas Bureau's Walk-in Days a last chance for thousands of Edmontonians to enjoy a Christmas dinner and presents

LUCY HAINES

edmonton@metronews.ca

More than 3,000 Edmontonians are expected at the Walk-In Days for the Christmas Bureau, a last-chance, pre-Christmas stop for those in need to get the food and children's gifts they require to make Christmas a reality. The yearly event helps those who weren't home for a hamper delivery or aren't yet registered to receive the aid.

"Numbers are up this



Volunteer Daisy Aw packs toys from Santas Anonymous at The Christmas Bureau's Walk-In Days at 101 Airport Road, near the former City Centre Airport. LUCY HAINES/FOR METRO

year, especially among the working poor — as rent and

food costs go up, sometimes people just don't have the

means to manage the added costs of the holidays," said Christmas Bureau campaign director Darlene Kowalchuk. "Our 250 volunteers make this a one-step process for those who qualify to get a food certificate and toys or gift cards for the kids. We could never do it without the generosity of Edmontonians."

Volunteer and one-time aid recipient Daisy Aw came to Edmonton from Brunei when she was just two years old, along with her brother and single mother. The woman, now, said her family got help from The Christmas Bureau and Santas Anonymous for several years of her childhood.

"I thought everyone got Christmas dinner from a big brown box," she said. "As soon as I got old enough for my driver's licence, I started delivering hampers. It's an easy way to help."

## EDMONTON

### Holiday waste collection

The City of Edmonton will not be collecting waste on Thursday Dec. 25<sup>th</sup> or Thursday Jan. 1<sup>st</sup>. If your collection falls on these days, please note that your waste will be collected on **Monday Dec. 22<sup>nd</sup>** and **Monday Dec. 29<sup>th</sup>** instead. All other collection days remain the same and waste will be collected as usual on Friday, Dec. 26<sup>th</sup> (Boxing Day).

Please clear snow and spread sand on your collection area. Place bags/cans as close to the street or alley as possible, not behind or on top of windrows/snow piles.

Visit [edmonton.ca/wastecollection](http://edmonton.ca/wastecollection) or call 311 for more information.



## Stollery Hospital. Oilers bring Christmas cheer to sick kids in Edmonton

Edmonton Oilers players fanned out to visit patients at several city hospitals Monday, brightening the day for kids and adults who are sick at Christmastime.

"Our kids go through a lot at Christmas — days can be long and difficult, and a visit from the Oilers and other sport celebrities can help a lot," said Lois Wolgemuth, child life program coordinator at The Stollery Children's Hospital.

Oilers captain Andrew Ference said he looks forward to shopping for and bringing gifts to Stollery kids every year. "I did this

for eight years when I played in Boston, and it's meaningful to do it here at home, too," said Ference.

"I have two healthy girls, 5 and 9. A visit here puts things in perspective."

For patient Devin Nahirnak, a leukemia diagnosis less than a month ago means he faces an uncertain stay away from his home in Two Hills — at least through the holiday season.

"Eberle is my favourite, and I go to games when I can," said the 15-year-old fan.

"This is so cool."

LUCY HAINES/METRO



Devin Nahirnak, got his favourite Oiler, Jordan Eberle, to sign his jersey when members of the team visited the Stollery Children's Hospital Monday. LUCY HAINES/FOR METRO

### Highway 20

#### Three killed in Rimbey crash

Three people have died as a result of a collision near Rimbey on Sunday, with two of the victims children.

The driver of the vehicle heading northbound on Highway 20 near Township 420 died at the scene, according to police. One child also perished on scene, as the vehicle which was carrying a family of five, headed southbound. A second child later died in hospital as a result of injuries sustained.

METRO

### Court date set

#### Man charged in St. Albert bus crash

St. Albert RCMP have charged a man involved with a city bus that crashed through two backyards on Sept. 30.

Mechanical inspections were performed on the bus and determined there was nothing wrong with the vehicle. Neil Christensen was formally charged with careless driving and will appear in court on Jan. 27.

METRO

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RioCan Meadows  
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South Park Centre  
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Terra Loma Shopping Centre  
West Edmonton Mall  
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Peter Pond Shopping Centre  
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Prairie Mall  
South 40 Shopping Centre

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## Election. Justin Trudeau promises to be accessible

Justin Trudeau is promising to scrap Stephen Harper's brand of message discipline if he becomes prime minister, giving more freedom to bureaucrats, ditching the scripts for cabinet ministers and making them and himself more accessible to journalists.

The Liberal leader says Harper's penchant for strictly controlling the flow of information — and the select few who are allowed to sparingly dispense it — has led to an opaque, secretive government that is cut off from the citizens it's supposed to be serving.

A spokesman for Harper thoroughly rejected Trudeau's assertions. However Harper's approach to communications makes for bad decisions and an unhealthy democracy, Trudeau said in a year-end interview that included his most thorough comments to date on what kind of standards he would set for communications.

"First of all, it breaks down the kind of trust that should exist between citizens and their government, whether it's through blocking access to information, an unwillingness to



Liberal Leader Justin Trudeau  
THE CANADIAN PRESS

actually share data or evidence justifying various decisions, reliance on talking points," he said.

"(It's) not really that citizens don't trust their government but that we have a government that doesn't trust its citizens, which is something that really makes it difficult to have a government that is truly serving the interests of its citizens."

Moreover, Trudeau said Harper's approach "actually leads to poorer decision-making and an inability to solve the very big challenges that we're facing." **THE CANADIAN PRESS**



## Canadian teacher jailed in Indonesia set to start trial

Police officers escort child sexual abuse suspect Zainal Abidin, centre, before his trial on Monday at South Jakarta District Court in Jakarta, Indonesia. An Indonesian court has sentenced five janitors to up to eight years in prison over the rape of a kindergartner at a prestigious international school in Indonesia. The janitors' sentences were delivered the day before Canadian teacher Neil Bantleman's trial was set to begin in Jakarta. Bantleman, who is also accused of sexually abusing students at the same school, said he finds the janitors' sentence "devastating," according to his family. He has been in custody since July and has maintained his innocence.

PHOTO: TATAN SYUFELANA/THE CANADIAN PRESS  
TEXT: THE CANADIAN PRESS

# Releasing electronic data may 'create havoc': Minister

**Fear of falsification.** Minister Tony Clement says that some electronic data could be altered if released

That makes it virtually impossible for the recipient to sort and filter the data to identify patterns and trends.

The Access to Information Act says federal agencies must provide timely access to records in the format requested.

Fred Vallance-Jones, who teaches journalism at the University of King's College in Halifax, said Clement's stance effectively violates the rights of requesters. Vallance-Jones, an associate professor, led a 2014 freedom-of-information audit for Newspapers Canada that yielded inconsistent responses to requests for data from federal agencies.

The replies included paper only, PDF image files, and data in electronic format.

Clement's concern about data manipulation is "specious" because, technically speaking, any federal document — not just a database — could be falsified by someone with ill intent,

### Quoted

"That's the balancing act that we have to have, that certain files, you don't want the ability to create havoc by making it changeable online."

Treasury Board president Tony Clement, the minister responsible for freedom of information

Vallance-Jones said.

"I honestly have a lot of difficulty believing that they're making that argument seriously," said Vallance-Jones.

Clement has championed growth of the government's online data portal, encouraging federal agencies to disclose data in easily sortable formats.

However, some data sets cannot be released in a spreadsheet or similar electronic format, Clement said.

"What you don't want is to create a file that can be in some way manipulated and altered, and thereby creating a situation of false information," Clement said. "There's a fear that people

will) manipulate the data and publish it and say, 'This is what the government of Canada is saying,' when in fact it's not the case. That's the problem."

Clement could not point to a specific instance in which federal data had been altered.

It seems the government simply doesn't want some information made public in electronic form, Vallance-Jones said.

"They know that people can then sort it, and filter it, and run it through queries and find things out that they might not want you to find out. And that's the power of data."

**THE CANADIAN PRESS**

## Montreal. Man facing terrorism-related charge

The father of an allegedly radicalized man who faces a terrorism-related charge will testify at his son's bail hearing in Montreal on Tuesday.

Jeffrey Labelle's father is expected to ask the court to release his 21-year-old son into his custody.

Montreal police say Labelle's family tipped them off last week that he had become radicalized.

They searched his home on Friday and say they found a city map that showed the co-ordin-

ates of four different police stations. Police say no direct threats were made and that they arrested Labelle as a "preventive" measure.

Labelle was charged under a Criminal Code provision that allows for the arrest of someone who "commits an act that, in all the circumstances, is likely to cause a reasonable apprehension that terrorist activity is occurring or will occur, without believing that such activity is occurring or will occur."

**THE CANADIAN PRESS**

### Camera in washroom

## Man sought thrill of secrets: Lawyer

The lawyer for a man who recorded people using the washroom in his Vancouver restaurant says her client was driven by the thrill of knowing people's secrets, not sexual impulses.

Maegan Richards asked a judge to impose a conditional discharge for Allan Bosomworth, who was the co-owner of Two Chefs and a Table restaurant where he hid a camera in the coed washroom in 2012.

**THE CANADIAN PRESS**

### Hamilton

## Man facing fourth trial in murder case

An Ontario man will be tried for a fourth time in September 2016 in the murder of a nursing assistant who was killed 33 years ago in the Hamilton area.

Robert Badgerow was arrested in 1998 and was convicted of first-degree murder several years later, but the verdict was overturned on appeal. In a new trial in 2010 the jury was unable to reach a verdict. Badgerow's third trial also resulted in a hung jury. **THE CANADIAN PRESS**

# Dalhousie U closing dental clinic

Dalhousie University's faculty of dentistry is temporarily closing its public dental clinic as part of its response to accusations that male students posted misogynistic messages online about their female peers.

The university in Halifax says it is contacting patients af-

fected by the decision to close its clinic until Jan. 12.

It says the step is one of several measures being taken so that patients, students, faculty and staff are able to return to classes and clinics in a safe and supportive environment.

University president Ri-

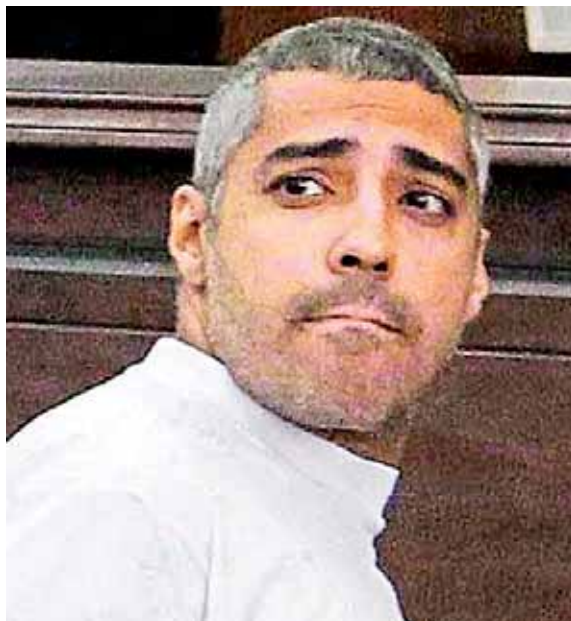
chard Florizone has said 13 men in the fourth-year of the dentistry program were members of a Facebook group where comments were posted.

To deal with the postings he has announced a restorative justice process, which is an in-

formal and confidential resolution procedure that includes the parties involved.

The university says its dentistry faculty is working on a detailed plan for classes and the dental clinics for the remainder of the winter term.

**THE CANADIAN PRESS**



Mohammed Fahmy is pictured in a Cairo courtroom on March 31, 2014. Fahmy, an Egyptian-Canadian journalist who has spent the last year in a Cairo prison, sounded the alarm about his network's approach to Egypt's precarious security situation months before he and his colleagues were arrested. HEBA ELKHOLY/EL SHOROUK/THE CANADIAN PRESS

## Safety issue for Canadian at Al Jazeera

**Precarious situation.** English acting bureau chief expressed concern about Egypt's security situation, and was later imprisoned

An Egyptian-Canadian journalist who has spent the last year in a Cairo prison sounded the alarm about his network's approach to Egypt's precarious security situation prior to his and his colleagues' arrest.

Mohamed Fahmy had taken over as acting bureau chief in Cairo for Qatar-based satellite news broadcaster Al Jazeera English in September 2013 when he raised the issue with his bosses.

At the time, Al Jazeera's Arabic channel — Al Jazeera Mubasher Mizr — had been barred from broadcasting in Egypt after authorities claimed it was biased toward supporters of the country's ousted former president and accused it of harming national security.

The Al Jazeera English service was still operating from within the country, although out of a hotel and not its offices, but its legal status was unclear,

Fahmy noted.

"I have met with the whole team yesterday on my first day and I am impressed with their attitude and energy considering the pressure they have been dealing with lately on the ground," he wrote in an email to executives at Al Jazeera in Doha, Qatar's capital.

"However, the staff is very concerned where Al Jazeera stands legally and I would like to be able to comfort them at some point regarding their security and well-being."

In response, an email from the acting executive producer of newsgathering at Al Jazeera English told Fahmy that his "concern about the legal issue" was appreciated, "but Doha management will deal with it from here."

A few weeks later, Fahmy voiced his concerns again — this time, more urgently, the emails show.

Fahmy and his colleagues have denied all charges against them, saying they were just doing their jobs but after a trial which was denounced by critics as a sham, the trio were found guilty. Fahmy and Greste were sentenced to seven years in prison, while Mohamed was sentenced to 10 years.

THE CANADIAN PRESS

## Toronto group seeks to hasten immigration applications for people from West Africa

A Toronto group is leading an effort to speed up immigration applications and put a moratorium on deportations for people with ties to three Western African countries battling Ebola.

About 200 people from across Canada signed a petition calling on swift action on applications for people from Guinea, Sierra Leone and Liberia.

The petition was sent last

month to Minister of Immigration Chris Alexander. It includes permanent resident applications for spouses and common-law partners, along with work permit renewals.

"It's a lot of suffering for people whose spouses are left in this whole Ebola crisis as they wait for the papers," said Amadou Barry.

Barry helped lead the effort

with other Guineans living in Toronto. They're part of a group called the Citizen Action Commission. The petition also asks that Canada waive fees for immigration services. Barry, who still has family in Guinea, said the economy in West African countries affected by the outbreak has been at a standstill.

"If some of our people here are not allowed to work and

bring help back home, the situation will be even more catastrophic," he said.

The number of Ebola cases confirmed so far is nearing 20,000 with a death toll upwards of 7,000 according to the World Health Organization.

Calls to the immigration ministry were not immediately returned.

GILBERT NGABO/METRO IN TORONTO



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## Staff serenade oldest of zoo gorillas

The first gorilla born in a zoo is turning 58 with a celebration broadcast live to online viewers from her Ohio home.

The Columbus Zoo and Aquarium says the female western lowland gorilla, named Colo, is celebrating her birthday Monday with an Ohio-shaped cake made of peanut butter, applesauce, honey, shredded carrots with Greek yogurt frosting.

The zoo said its website

would have video of Colo receiving the cake, opening presents of tomatoes and clementines and being serenaded by zoo staff and visitors.

Colo was born at the zoo in 1956. Officials there say she is the oldest gorilla in any zoo. Colo is a mother of three. Her family tree includes more than two dozen descendants living at zoos across the United States.

THE ASSOCIATED PRESS



Colo, a lowland gorilla, sits in her enclosure at the zoo in Powell, Ohio.

COURTESY COLUMBUS ZOO AND AQUARIUM/THE ASSOCIATED PRESS FILE

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## Pope blasts inner circle

**15 'ailments of the Curia'** Francis turns exchange of Christmas greetings into dressing down of Holy See's central administration

Vatican watchers said they had never heard such a powerful, violent speech from a pope and suggested that it was informed by the results of a secret investigation ordered up by Emeritus Pope Benedict XVI in the aftermath of the 2012 leaks of his papers.

Benedict tasked three trusted cardinals to probe deep into the Vatican's backstabbing culture to root out what would have prompted a papal butler to steal incriminating documents and leak them to a journalist. Their report is known only to the two popes.

Francis had some zingers: How the "terrorism of gossip" can "kill the reputation of our colleagues and brothers in cold blood." How cliques can "enslave their members and become a cancer that threatens the harmony of the body" and eventually kill it off by "friendly fire." How some suffer from "spiritual Alzheimer's," forgetting what drew them to the priesthood in the first place.

THE ASSOCIATED PRESS

To the Catholic Church's "seven deadly sins," Pope Francis has added the "15 ailments of the Curia."

Francis issued a blistering indictment of the Vatican bureaucracy Monday, accusing the cardinals, bishops and priests who serve him of using their Vatican careers to grab power and wealth, of living "hypocritical" double lives and forgetting that they're supposed to be joyful men of God.

Ticking off 15 "ailments of the Curia" one by one, Francis urged the prelates sitting stone-faced before him in the marbled Sala Clementina to use the Christmas season to repent and atone and make the church a healthier, holier place in 2015.



## Hundreds win The Fat One

Owners of a lottery office in La Eliana, near Valencia in eastern Spain, celebrate Monday after a ticket they sold for 20 euros (about \$28) won one of more than 100 first prizes worth 400,000 euros (about \$570,000) in Spain's El Gordo (The Fat One) Christmas lottery. The world's biggest lottery has a total prize pot of 2.5 billion euros (about \$3.6 billion). More than 100 of the top winning tickets were sold in an upper middle-class Madrid neighbourhood, 20 more purchased in the southern city of Cadiz and a handful sold in other cities across the nation. ALBERTO SAIZ/THE ASSOCIATED PRESS

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## Nigeria

## Car bomb kills at least 20, injures 60

A car bomb exploded Monday at a bus station in Nigeria's northeastern city of Gombe, killing at least 20 people and injuring another 60, said rescue workers.

At least 20 people were "burned beyond recognition by the bomb explosion," and another 60 were hospital-

ized, said Red Cross official Abubakar Yakubu.

The explosion came in the early hours when the station was crowded with holiday travellers, said Deputy Superintendent Fwaje Atajiri.

Atajiri would not speculate over who was responsible though the attack bears all the hallmarks of Nigeria's homegrown Islamic extremist group, Boko Haram.

THE ASSOCIATED PRESS

## Lethal injection

## Arizona to change execution drugs

Arizona officials said Monday they are changing the drugs they use in executions after an inmate in July gasped repeatedly over the course of nearly two hours while being put to death.

Arizona no longer will use the combination of midazolam, a sedative, and hydro-

morphone, a pain killer, according to a letter to Gov. Jan Brewer from Department of Corrections Director Charles Ryan. The move comes as states have been scrambling to find new combinations of lethal drugs after European pharmaceutical companies restricted their distribution. Several prolonged executions this year have sparked debate over lethal injections in particular and executions in general. THE ASSOCIATED PRESS

## Oklahoma

## Federal judge upholds lethal injection protocol

Oklahoma's lethal injection protocols are constitutional and the state can proceed with the scheduled executions of four death row inmates early next year, a federal judge ruled on Monday.

U.S. District Judge Stephen Friot denied a request for a preliminary injunction that was requested by a group of 21 Oklahoma death row inmates who argued the use of the sedative midazolam as the first drug in a three-drug combination the state administers risks subjecting them to unconstitutional cruel and unusual punishment.

THE ASSOCIATED PRESS

# Halt debate until after funerals, N.Y. mayor says

**Two officers killed.**  
Shot inside patrol car

New York's mayor called on Monday for protests and political debate to pause until after funerals are held for the two officers who were shot and killed inside their patrol car this weekend by a man vowing retaliation for the deaths of black men at the hands of white police.

The killings came at a time when police nationwide are being criticized following Eric Garner's death in a New York officer's chokehold and 18-year-old Michael Brown's fatal shooting in Ferguson, Mo. Protests erupted in recent weeks after grand juries declined to charge the officers involved. On Monday, a prosecutor said a white Milwaukee police officer who was fired after he fatally shot a mentally ill black man in April won't face criminal charges.

"I think it's important that regardless of people's viewpoints that everyone step back," Mayor Bill de Blasio

## Quoted

**"I think it's a time for everyone to put aside political debates, put aside protests, put aside all of the things that we will talk about in all due time."** NYC Mayor Bill de Blasio

said in a speech at the Police Athletic League. "I think it's a time for everyone to put aside political debates, put aside protests, put aside all of the things that we will talk about in all due time."

Officers Wenjian Liu and Rafael Ramos were ambushed Saturday by a 28-year-old who wrote an Instagram post that he would put "wings on pigs." The suspect, Ishmaaiyl Brinsley, was black; the slain New York Police Department officers were Hispanic and Asian.

De Blasio said it was time to focus on the officers' grieving families; he and Police Commissioner William Bratton met with them Monday.

THE ASSOCIATED PRESS



## Glasgow garbage truck crashes into, kills six pedestrians

Emergency services attend the scene in George Square in Glasgow, Scotland, after six people were killed and several others injured when a garbage truck crashed into a group of pedestrians downtown Monday. The truck hit a number of pedestrians as it veered out of control along a crowded road in the city centre, Supt. Stewart Carle of Police Scotland said. DANNY LAWSON/THE ASSOCIATED PRESS

## North Korea. Country's online access crippled

North Korea experienced sweeping and progressively worse Internet outages extending into Monday, with one computer expert saying the country's online access is "totally down." The White House and the State Department declined to say whether the U.S. government was responsible.

President Barack Obama said Friday the U.S. govern-

ment expected to respond to the hacking of Sony Pictures Entertainment Inc., which he described as an expensive act of "cyber vandalism" that he blamed on North Korea. Obama did not say how the U.S. might respond, and it was not immediately clear if the Internet connectivity problems represented the retribution.

THE ASSOCIATED PRESS

## Agenda. UN to address N. Korea's human rights

The UN Security Council placed North Korea's human rights situation on its agenda Monday, a groundbreaking step toward holding the nuclear-armed but poor country and leader Kim Jong Un accountable for alleged crimes against humanity.

This appears to be the first time that any country's human rights situation has been

scheduled for ongoing debate by the UN's most powerful body. China and Russia protested the move, the boldest effort yet to confront Pyongyang over the issue.

An angry North Korea, now on the defensive against a U.S. accusation of hacking, has said it would refuse to recognize Monday's meeting.

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# Iraqi TV show forces man convicted of terrorism to face victims and families

**'In the Grip of the Law.'** The man, convicted in string of Baghdad car bombings, began weeping as cameras rolled

Haider Ali Motar was convicted of terrorism charges about a month ago for helping to carry out a string of Baghdad car bombings on behalf of the Islamic State of Iraq and the Levant (ISIL). Now, the 21-year-old is a reluctant cast member in a popular reality TV show.

"In the Grip of the Law," brings convicted terrorists face-to-face with victims in surreal encounters and celebrates the country's beleaguered security forces. The show, produced by state-run Iraqiyya TV, is among dozens of programs, cartoons and musical public service announcements aimed at shoring up support for the troops after

their humiliating defeat last summer at the hands of ISIL, which now controls about a third of the country.

On a chilly, overcast day last week, the crew arrived at the scene of one of the attacks for which Motar was convicted, with a heavily armed escort in eight military pick-up trucks and Humvees. Passing cars clogged the road to watch the drama unfold, but were quickly shooed away by soldiers.

After being pulled from an armoured vehicle, a shackled Motar found himself face-to-face with the seething relatives of the victims of the attack. "Give him to me — I'll tear him to pieces," one of the relatives roared from behind a barrier.

Once the cameras were rolling, the show's host Ahmed Hassan quizzed the shackled prisoner. When Motar was confronted by one of the victims, a young man in a wheelchair who lost his father in one of the attacks, the convict began weeping, as the cameras rolled.



In this photo taken on Dec. 16, 2014, Haider Ali Motar, right, performs a scene from "In the Grip of the Law," a reality show produced by Iraqi state TV in Baghdad, Iraq. Motar was convicted of terrorism charges about a month ago for helping to carry out a string of Baghdad car bombings on behalf of ISIL. HADI MIZBAN/THE ASSOCIATED PRESS

Iraq has seen frequent car bombs and other attacks for over a decade, both before and after the withdrawal of U.S.-led troops at the end of 2011. But the message of the show is that the security forces will bring perpetrators to justice.

"We wanted to produce a

program that offers clear and conclusive evidence, with the complete story, presented and shown to Iraqi audiences," Hassan said. "Through surveillance videos, we show how the accused parked the car, how he blew it up, how he carries out an assassination."

The episodes detail trails of evidence that lead security forces to make arrests.

"We show our audiences the pictures, along with hard evidence, to leave no doubts that this person is a criminal and paying for his crimes," Hassan said.

All of the alleged terrorists are shown confessing to their crimes in one-on-one interviews. Hassan said the episodes are only filmed after the men have confessed to a judge, insisting it is "impossible" that any of them are innocent.

Human rights groups have long expressed concern over airing confessions by prisoners, many of whom have been held incommunicado in secret facilities, citing the justice system as being flawed to the point detainees' rights are routinely violated and they would be uncomfortable to speak freely.

Security officials insist though their message is one of deterrence.

"Many of these terrorists feel a lot of remorse when they see the victims," said the senior intelligence officer overseeing the shoot, who declined to be named since he often works undercover. "When people see that, it makes them think twice about crossing the law."

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## U.S. Industry spearheads drone-safety campaign

Alarmed by increasing encounters between small drones and manned aircraft, drone industry officials said Monday they are teaming up with the U.S. government and model aircraft hobbyists to launch a safety campaign.

It includes a website, [knowbeforeyoufly.com](http://knowbeforeyoufly.com), which advises both recreational and commercial drone operators of FAA regulations and how to fly their unmanned aircraft safely. The campaign was announced

by the Association for Unmanned Vehicle Systems International and the Small UAV Coalition, both industry trade groups, and the Academy of Model Aeronautics, which represents model aircraft hobbyists, in partnership with the Federal Aviation Administration.

Retailers say small drones, which are indistinguishable from today's more sophisticated model aircraft, are selling well this Christmas.

THE ASSOCIATED PRESS

## Trend. Push to cut freight train staff from two to one

When American freight trains delivered cargo after the Second World War, the steam-belching beasts commonly had seven people aboard — an engineer, a conductor, up to four brakemen and a fireman.

Trains have since grown much longer, seemingly stretching to the horizon and often taking 20 minutes to pass through a crossing. And crews have been reduced in size — to five people in the 1970s and two in 1991. Now U.S. railroads want to put a single person in charge of today's huge locomotives, taking another step toward a

future in which the nation's rail-cargo system increasingly could resemble toy train sets — highly mechanized networks run by computers or distant controllers.

For the moment, freight trains generally have two people aboard — an engineer who drives the train and a conductor who oversees the long line of cars. Railroad executives want to reduce that to a lone engineer, saying advances in safety systems, including a new automatic braking system under development, could minimize risks.

THE ASSOCIATED PRESS

# Mom turns bed-wetting problem into a business

**Ottawa.** Mother of two invented environmentally friendly pad that will soon be available on Amazon



JOE LOFARO  
Metro in Ottawa

An Ottawa mom may have the answer to every new parent's prayers.

Louise Miner invented the Rip n Go, a detachable, waterproof, machine-washable absorbent pad that prevents kids from soaking the bed overnight if they wet.

The environmentally friendly product is already available for purchase at select Ottawa stores, but it may soon be more widely available as Miner's business is gearing up for wider distribution with retailers such as Amazon.

Miner, a mother of two from the Ottawa suburb of Orleans, came up with the idea after her second child had bed-wetting problems. She said her very tired husband one night put a towel down in their daughter's crib to keep it dry, but then she thought there must be a better



Louise Miner says her Rip n Go is removable with just one hand and it helps keep her two-year-old's bed dry at night.

JOE LOFARO/METRO

and safer way.

That's when she designed the Rip n Go, whose best feature is the Velcro seal which keeps the padded sheet in place during sleep. A parent can rip the pad off with one hand and replace it with the fresh one without having to lift the mattress to

change soiled bed sheets.

"At three o'clock in the morning, it's the last thing you want (to do)," said Miner.

"It was a huge lifesaver. I wasn't worrying because of something he might do because of his sleep deprivation."

The new company received

mentorship support from Invest Ottawa, an economic development agency that helps local startups.

Miner also developed a version for kids aged three to nine years old which comes with matching bedding and pillow case.

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### Tree, menorah, lights

## Tweets control holiday display

Twitter users anywhere in the world can control the lights on a holiday display in New Jersey.

Tweets will turn on a nine-foot Christmas tree,

a menorah and over 1,000 LED lights at Oxford Communications in Lambertville and also turn them off.

The company says it designed the display with the intention to help charities, towns and businesses develop awareness and fundraising campaigns.

THE ASSOCIATED PRESS

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## VOICES

# XMAS CARDS AGAINST HUMANITY

It's almost Christmas, and you probably forgot to mail out those cards again, which means right about now your friends are probably getting dancing elves in their inbox

**PAUL SULLIVAN**  
readers@metronews.ca

It's that time of year again.

You know, when you think about sending Christmas cards to friends and loved ones, but as one Canada Post deadline after another sails by, they stay in the box until next year, and they won't get sent then, either.

I'm not exactly sure what keeps them in the box. There are plenty of reasons, even without inertia. And inertia's good enough.

Someone should start Inertia Anonymous.

But Christmas cards are hard work. First, you have to buy them, with all the decisions that implies.

Should they say Merry Christmas and offend friends who aren't Christian, or Happy Holidays and underwhelm everyone, including the non-Christians?

Should they be tasteful or should you go all Thomas Kinkaid, opting for fantasy frost and cozy kitsch and damn the torpedoes?

Should each purchase benefit the world's children?

Should the cards be made of 100 per cent re-chewed pulp?

OK, we've got the cards. Now we have to find actual addresses that require something called "postal codes."

Then we have to decide if we're going to subject everyone to the annual State of Christmas address or just write a cheery greeting followed by the appropriate number of xs and os. (Signing XXXOOO on the bank manager's card is obvious and embarrassing).

Unless all three of your children gradu-

ated this year from Harvard Medical School, you'll be hard-pressed to keep up with the competition, so it's wise just to jot a thoughtful note, such as: "It's been a long time since we got together. Are you still alive?"

Once you've addressed and written the cards, next come the stamps. If you've been out of the snail-mail slow lane for a while, you're in for a shock: The price of stamps has gone up to a buck apiece.

This is a million per cent increase over last year, when it cost 63 cents. If you send out 20 cards, which you will do according to a Canada Post poll, that's \$20 bucks for just being thoughtful.

Of course, the deadline for getting the cards delivered by Christmas expired in

October, which means you and your friends will be exchanging face-saving Christmas cards well into April.

It's enough to make you give up and send images of creepy dancing elves to all your virtual acquaintances via email, Facebook, Twitter, LinkedIn, Instagram and various other stress-inducing electronic bombardments.

But despite all the nonsense that goes with the cardboard artifacts, Britons send a billion a year, Americans 1.4 billion.

And while that number is down from 1.9 billion in 2009, the generation known as Millennials have shown a heart-warming tendency to include Christmas cards along with vinyl records, robust facial hair and artisanal this or that in their quest for the lost authenticity of the ancients. So I will persevere. Starting with the box I bought in 2009, I pledge to send out cards in time for Christmas 2015. HOH OH!

## Surviving your family: Booze, Ativan and other tips

**REBECCA KOHLER**  
readers@metronews.ca

Oh man, it's that time of year again: Christmas! Or Hanukkah! Or what ever word it is you use to define "awkward family gathering."

Don't get me wrong, I love Christmas and, for the most part, I love my family. But there's a reason that when I prepare myself a festive beverage people often ask, "Did you want some egg-nog in that bourbon?"

I need that drink to aid in the circumnavigation of uncomfortable questions, buried family tensions and the fact that I'm now wearing a feather boa because my Aunt Lois thought it was, "Perfect for me."

I'm not saying drinking is the answer. Ativan helps too. But if substances aren't your thing, there are other ways to help yourself through the labyrinth of emotional grenades that Christmas day can bring.

For instance, if you're a woman, you may be asked a lot of questions about your womb.

### Few win the next-of-kin lottery

**If you have a perfect family with no bad breath or passive-aggressive mothers, then I want you to know how lucky you are.**

What's it doing? What's it thinking? It must be so dusty in there! First, you need to let these questions/comments roll off your back as if it were covered in baby oil (an oil you'd know more about if you had a baby!).

Remember, it's a common misconception that all women want/can have babies and your family member is just trying to tap into some common ground.

They don't know that you have reproductive issues, or you're single or that you'd rather eat out of a garbage can than have a kid, so don't get mad or uncomfortable, just deflect. Make a joke like, "My womb is thinking what my stomach's thinking: Where's the turkey?!" Everyone will laugh and you'll distract prying eyes from the

fact that you cry yourself to sleep every night with your cat.

Then there's always the "How's work?" question. This one can really be a stinker.

Maybe you don't like your job, or your job (in the eyes of others) is subpar, or maybe — and this is where family gatherings are really tricky — maybe your job is amazing and you're a millionaire and you just got a promotion, but the cousin who asked you about it is on disability because he got his finger stuck in the fryer at McDonald's.

This is a no-win situation. You don't want to rub success in the nose of the unsuccessful and yet any failure you admit to will be gobbled up by your bitter relatives like a fried schadenfreude hors d'oeuvre.

So what to do? You can try something like, "The best part about work is that we're not there right now. Am I right, Cousin Jimmy?" and then pat him on the back. If he persists, feign stomach cramps and run to the bathroom. Diarrhea shuts everyone up.

And then there's just the family. Your great aunt with the breath that smells like a dilapidat-

ed tuna factory. Your weird uncle who always tries to kiss you a little too close to the mouth.

There are the nieces and nephews who are so cute for twenty minutes and then you wish you had some Ambien For Kids. The combination of turkey and wine have left you with the inability to move, yet you're stuck on the couch beside your mother who won't stop commenting on how "Round your face is looking."

By the way, if you have a perfect family with no bad breath or passive-aggressive mothers, then I want you to know how lucky you are. Go to your holiday gatherings and hug your family extra tight, because you must have won the next-of-kin lottery. I'll bet you have perfect teeth too. How nice for you.

For the rest of us, the question is: Why do we do this? Is it for the gifts? The food? Is it for Jesus? Well, call me a sap, but I think it's for love. Because while all of this sounds awful, and all the people I'm going to see make me want to book an emergency appointment with my therapist, I love them. Does that make love sound gross and weird? Yes! And I wouldn't have it any other way.

HAPPY HOLIDAYS!!!!



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Gossip

NED EHRBAR

METRO'S TAKE ON  
THE WORLD OF  
CELEBRITIES



Mel B ALL PHOTOS GETTY IMAGES

## Issues with mom may have led Mel B to mix meds: Source

Whoa. So last week, former Spice Girl Mel B (real name Melanie Brown) missed a taping of the British version of X Factor after heading to the hospital because of stomach pains. But now it turns out that was a bit of a fib.

A source tell Radar Online that Brown "was hospitalized

because she mixed tranquilizers, including Xanax, with alcohol. It was absolutely accidental and not intentional. She wasn't suicidal, but the pressure of being back in London brought a lot of unresolved issues to the surface concerning being estranged from her mother, Andrea,

and the rest of her family."

Dang, source, ease off with the oversharing. You could've just left it at "not intentional." Brown has reportedly been holed up in a London hotel with her daughters since leaving the hospital and has been cleared by doctors to return to the U.S.

## Sheen's show gets shelved as 100th episode hits the screen

Last night's Anger Management finale, it turns out, was the series finale. Charlie Sheen's post-Two and a Half Men project is all done, as cast and crew were informed late last week by FX and Lionsgate that the show would not be renewed.

"I am beyond proud of what we accomplished over the course of 100 episodes," Sheen says in a statement. "We created something uniquely special with some of the most talented individuals I have ever had the privilege to work with. My sincere thanks to all

for their unwavering love and support. Here's to the next chapter."

The network brass apparently informed the team Friday, ahead of Monday's 100th episode debut, which certainly put a damper on the celebrations.

## A plot twist involving prosthetics sees Pitt pounce on the Hannibal exit

Michael Pitt is apparently all done with Hannibal and won't be returning for the show's third season, but that doesn't mark the end of his character, meat-packing magnate Mason Verger. Pitt will be replaced by Across the Universe star Joe Anderson, and hopefully fans won't notice the difference. I mean, he ended Season 2 doing some pretty grisly things to his own face, meaning lots of stomach-turning prosthetics, so it just might work. Sources say Pitt made the decision to leave the show, probably seeing his character's intense facial mutilation as the perfect



Michael Pitt

opportunity to do so. Oh, and Anderson posted a pretty alarming photo of himself in full Verger makeup on the character's Instagram account, so now we kind of see Pitt's point.

## Clooney heads Downton for Christmas

Remember all that talk about George Clooney making an appearance on Downton Abbey? Well, the moment has arrived. Clooney gets in on the action for the series' Christmas comedy bit made for the ITV network's annual charity drive, featuring the hit British show getting the It's a Wonderful Life treatment as Lord

Grantham (Hugh Bonneville) frets about how he's ruined the family finances. Absolutely Fabulous star Joanna Lumley plays his guardian angel, and Clooney pops up as George Oceans Gravity, Marquess of Hollywood, the PDA-happy guy Cora (Elizabeth McGovern) ended up with since Lord Grantham had never been born.

## Cox loved Beyoncé's Christmas card like XO

Orange is the New Black star Laverne Cox totally wins the relatability award this year for her perfectly measured and understandable reaction to receiving a Christmas card from Beyoncé. I mean, it's a Christmas card from Beyoncé. Cox posted a shot of the signature to Instagram, explaining, "So when I opened this holiday card a few days ago and read 'Love Beyoncé,' I literally fell to the



floor. I was on the floor of my apartment. I have witnesses." Don't worry, we believe you. She also writes, "Thanks Bey for the gift" and includes an image of a sweatshirt emblazoned with Cake by the Pound. It's unclear whether the item is said gift — I mean, it would make sense, right? — but the important thing is I would like to know more about this cake by the pound policy. Where do I sign up?

# 2 SCENE



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# The women ruled in 2014

The year 2014 solidified something that's been clear for a few years now: When it comes to pop music, the ladies are killing it. Here are the women who rocked the pop music world this year. **LISA WEIDENFELD AND EMILY LAURENCE**

scene@metronews.ca



ALL PHOTOS GETTY IMAGES

## Beyoncé

Technically, her album came out in 2013, but it was one of the biggest hits of 2014, giving us all a chance to say "surfbort" to each other and worship at the throne of Queen B. Plus, her new cover of her own Crazy in Love turned the 50 Shades of Grey trailer into something steamy.

## Ariana Grande

It was impossible to escape this pint-sized pop-star this year. Her album *My Everything* generated three top tracks: *Problem* (featuring Iggy Azalea), *Break Free* (featuring Zedd) and *Love Me Harder* (featuring The Weeknd), Grande by far proved that her Nickelodeon days are forever behind her.



## Taylor Swift

Taylor Swift's reign continued this year with the mega success of her first strictly pop album, *1989*. It debuted at number one and her *Shake It Off* video is one of the most-watched of the year. Her album, plus a massive stadium tour and endorsements helped the 22-year-old earn a cool \$57 million.

## Miranda Lambert

Being honoured as CMT's artist of the year wasn't the only accolade Miranda Lambert racked up this year. She is also nominated for four Grammys. If she wins, it will be her first time taking one home since 2010. But don't call it a country comeback — her fans have long been supportive of Mrs. Blake Shelton.



## Lorde

Eighteen-year-old Lorde went from singer to producer this year, by curating *The Hunger Games: Mockingjay — Part 1* soundtrack. Including artists such as CHVRCHES and The Chemical Brothers, as well as releasing her own song *Flicker* Beat, got her respect from critics and teen fans alike.



## St. Vincent

Singer St. Vincent has come a long way from her time as a member of the Polyphonic Spree. After her much-loved team-up with David Byrne in 2012, she came back with 2014's eponymously titled *St. Vincent*, perhaps her biggest success yet. The album ended up with a Grammy nomination for Best Alternative Music Album.



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## Tove Lo

Sometimes, singing about sex clubs and getting high can pay off. It did for Swedish singer Tove Lo, who broke it big in the States this year with her song, *Habits (Stay High)*, which reached No. 3 on the Billboard charts.

## Charli XCX

The Dec. 14 SNL musical guest has been around for a few years, penning 2012's megahit *I Love It* for Icona Pop. But this year saw her break through on her own, with *Boom Clap* on the *Fault in Our Stars* soundtrack — a must-have for bookish teens everywhere.



## Iggy Azalea

The Florida-by-way-of-Australia rapper had one of the biggest breakthrough years in memory, teaming up with Charli XCX for *Fancy* and Ariana Grande for *Problem*. She also claimed a piece of history: She's the only act other than the Beatles to have her first two Billboard hits rank 1 and 2.



## Nicki Minaj

If you've gotten *Anaconda* out of your head even once since you first heard it, we'd be surprised. Minaj scored another huge hit with this track, as well as garnering tons of hits for the sexy/funny music video co-starring Drake. The video set a Vevo record for the most views in its first 24 hours online, with 19.6 million hits.

## Five guys who also had pretty good years

The year wasn't all Beyoncé and Iggy Azalea songs. Women may have dominated the music scene, but a few good men had their share of success, too:

### Childish Gambino

What started as a cult following transformed into mass appeal this year for rapper (and Community actor) Childish Gambino, who got a Grammy nod for his song, *3005*.

### Nick Jonas

This was the year Nick Jonas officially became a man — at least in the public's eye. Unlike brother Joe Jonas (whose solo career flopped) Nick is garnering success with his hit *Jealous*, which reached No. 8 on Billboard and generated 14 million views on YouTube.

### Pharrell

If *Happy* seems like the most-played song of the year, it was. It held the top

spot on the charts longer than any other song this year. No wonder he's up for four Grammys.



### Sam Smith

Sam Smith was another of 2014's newly minted stars, with his heartbreaker *Stay with Me* filling the Adele-shaped hole in our hearts (for now). Just how successful is he? He popped up in pictures from Taylor Swift's 25th birthday party alongside Jay Z, Beyoncé, and the rest of Swift's posse.

### Ed Sheeran

The British crooner can do no wrong these days. 2014 saw him release both *Sing* and *Thinking Out Loud*, as well as contribute to the *Fault in Our Stars* soundtrack. **METRO**



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# Same Old Song and Dance for Aerosmith

## Feuds and music.

Singer Steven Tyler and guitarist Joe Perry stick together despite their ongoing tensions

The rock music world is notorious for its bickering, but Aerosmith belongs to another category altogether — a band with constant and open tensions that has nonetheless managed to stay together.

The friction between guitarist Joe Perry and singer Steven Tyler shows no signs of mellowing with age, with the two Boston rockers both releasing tell-all books that portray each other in a less than flattering light.

Since his memoir *Rocks* came out in October, Perry says he has only exchanged text messages with his bandmate of 40 years.

"It kind of bounced back and forth a bit. He got about a third of the way through the book and said he liked it, and then I didn't hear from him, but obviously he finished it," Perry told AFP.

Perry said he had fully expected Tyler, who criticized his bandmate in his own book in 2011, to take exception to parts of the memoir that portray the singer as controlling and self-promoting.

Among the allegations, Perry says that Tyler used to make a habit of stealing, and that several years ago he quietly tried out — unsuccessfully — to sing for a reunited Led

Zeppelin. Perry said he knew from the first time they met that he and Tyler had differences, but that they had found a way to work together after splitting in the late 1970s.

"We had to figure out a new dynamic instead of just fighting all the time, to put the personal stuff aside, and let our differences as far as the music go work for us, instead of being a point of contention," Perry said.

Perry isn't sure whether he and Tyler will ever talk about the guitarist's book. But, Perry said, he expects it will be "business as usual" the next time they meet.

In one difference, Perry said that he never took up the rock 'n' roll lifestyle when it came to sex.

In the book, he recounts once watching Aerosmith's merchandise vendor pour whiskey over a body part he had christened Mr. Important in an unscientific bid to prevent venereal disease.

Perry, raised in a small town in Massachusetts, said he generally stayed with one woman at a time.

"That's what I saw when I was growing up and it just seemed natural to me. I didn't really have this need to prove myself, to bring more notches to my pistol so to speak," he said.

"I was the odd man out because I wasn't into that kind of lifestyle.

"But I was always a loner anyway, so it didn't bother me much."

Perry returns to his family

## Walk This Way

Aerosmith enjoyed a career renaissance starting in the mid-1980s with songs such as *Janie's Got a Gun*, *Love in an Elevator* and *Dude (Looks Like a Lady)*. The resurgence started through a then unlikely source — the 1986 collaboration *Walk this Way* with Run-DMC, one of the earliest hip-hop groups to enjoy mainstream success. Perry said that the famed producer Rick Rubin persuaded Run-DMC to work with the hard rockers after initial hesitation. "They weren't jumping up and down about this," Perry said of Run-DMC. "They were keen to be getting away from electric guitars, and they were working with a whole different paradigm."

roots on a new solo EP of Christmas songs, performing holiday classics that he enjoyed as a child.

Johnny Depp lent him a studio to record Joe Perry's Merry Christmas and wound up joining on rhythm guitar for a version of Chuck Berry's *Run Run Rudolph*.

Perry said that Depp "really added some flavour" both artistically and by allowing a live recording of the song, as Perry would otherwise have played both guitar parts and mixed them.

AFP



Steven Tyler, right, and Joe Perry of Aerosmith openly fight with each other, but keep working together. AFP FILE

Toss the Christmas tunes and try these three tracks instead



**SOUND CHECK**  
Alan Cross  
scene@metronews.ca



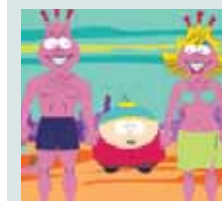
## Birth in Reverse/ St. Vincent

Year-end "best-of" lists keep mentioning St. Vincent's self-titled fourth album. This track was released as the first single last December, but given that the album is up for a Grammy, it's getting a new push.



## Lampshades on Fire/ Modest Mouse

It's been eight years since the last Modest Mouse record. Put another way, when the last album was released, the iPhone didn't exist. Strangers to Ourselves will be out on March 3.



## Sea People/ Sea People

It's something of a niche market, but this Philadelphia band specializes in punk-rock versions of songs we hear on *South Park*. Remember the episode where Cartman discovered that Sea People were just brine shrimp?

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# Let's all eat, drink and be healthy

**Tips.** How to enjoy all the yuletide offerings without paying for it in the New Year

There will be a lot of overeating over the holidays.

There are all those high-cal foods that family traditions link to holiday celebrations. Eggnog (cream plus eggs plus sugar plus alcohol). Mashed potatoes whipped with cream cheese and plenty of butter. Gravy. So much gravy.

Given that the holidays are a season of excess and traditional holiday foods are highly calorific, we asked dietary experts how to contain the damage. Specifically: If there is one thing to cut out to make the feasting less excessive, what should it be?

Surprisingly, several of our experts did not advise eliminating a particular food. And a number didn't even frown on the idea of seasonal indulgence. But they did offer some suggestions to contain the calories.

"I'd say that if overeating is ever allowed, that it is allowed for the major festivities that occur a few times a year — provided food intake is controlled the rest of the time," says Thomas Wolever, a professor in University of Toronto's department of nutritional sciences.

Wolever says overeating by 2,500 calories — in other words, doubling an average daily intake — on three days a year can be offset by cutting back 20 calories per day for the other 362 days.

Len Piche suggests focusing on portions and finding low-calorie options.

Savour foods slowly, using smaller servings on smaller plates to help limit the cal-



When you sit down for Christmas dinner, there's a few easy ways to keep it healthy. ISTOCK

ories, says Piche, a nutrition professor at Western University's Brescia University College.

Drink water before a meal. Don't skip breakfast or lunch to focus on a big dinner.

"Trying to 'save yourself' for big meals by skipping meals earlier in the day might backfire. You may develop a ravenous appetite and end up eating more calories than you normally would," Piche says.

Rena Mendelson, a professor of nutrition at Ryerson University in Toronto, also offers some tips that might help you control your calorie intake better at a big holiday meal.

"Before you go to a holiday party, have a bowl of soup and avoid any of the pre-meal treats as they tend to be very high in calories," she says.

## Go ahead and indulge

**"A weight management program will not be set back by indulging a few times a year — provided discipline is maintained most of the time."**

Thomas Wolever, a professor in University of Toronto's department of nutritional sciences

"Eat the main meal and have enough to feel satisfied but not overfed. This may help to limit the dessert course..."

Watch your liquid calories, suggests Dr. Yoni Freedhoff, a professor of obesity medicine at the University of Ottawa.

"If I were to pick one thing to ditch, it would be the sweet stuff as many a home has the tradition of sugary soda for festive meals," he says.

One dietary expert did recommend a food item to cut. And Dr. David Jenkins acknow-

ledges his nomination may qualify him for the role of the Grinch. Jenkins suggests cutting whatever the main meat dish is in your holiday dinner.

It's not that Jenkins thinks it's the least healthy. It's that pulling out the linchpin, so to speak, would fundamentally change our approach to the meal. He thinks with the planet's expanding population, climate change and the obesity epidemic, it's time to start thinking about eating in a more sustainable way.

"It would be a radical change in the 'sit-down-and-gorge' concept that's the centre of Christmas," says Jenkins, a researcher at Toronto's St. Michael's Hospital who studies the effects on cholesterol and health of eating more plant-based foods and fewer processed food products.

"It forces people to think about other options," he says of his recommendation. "They may think, hopefully, of more environmentally friendly options. They may think of more plant-based diets."

"They may, in fact, forgo a large meal and do some snowboarding. ... I think that we've got to start thinking about other things at Christmas than sitting down and getting comfort food."

THE CANADIAN PRESS

# How ibuprofen may extend your life



The lifespan of the species in the study, which used ibuprofen, increased by 15 per cent. AFP

An over-the-counter pain-relieving and fever-reducing drug could lead to a longer and healthier life for many species and possibly humans, too, according to a new study at Texas A&M University (TAMU).

"We first used baker's yeast, which is an established aging model, and noticed that the yeast treated with ibuprofen lived longer," says lead author Dr. Michael Polymenis, a biochemist at TAMU's AgriLife Research station. "Then we tried the same process with worms and flies and saw the same ex-

tended lifespan. Plus, these organisms not only lived longer, but also appeared healthy."

The yeast, worms and flies were treated with ibuprofen at doses proportionally comparable to the recommended dose for humans and increased their lifespan by 15 per cent.

If human lifespans increased by that amount, it would add an extra dozen years of healthy living, according to Dr. Polymenis, who says his experiments on worms indicate good health would be part of the package. Measurements

of worms' thrashing and the pumping movements they made while swallowing under treatment indicated they were thriving in their extra years and not suffering.

Over the course of the three-year study, Dr. Polymenis observed that ibuprofen hinders the ability of yeast cells to pick up an essential amino acid found in every cell of every organism called tryptophan.

Less tryptophan being dissolved into yeast appears to make a difference, but Dr. Polymenis said he isn't sure why.

Drugs other than ibuprofen are working, too, according to Dr. Brian Kennedy, the president and CEO of the Buck Institute for Research on Aging in Novato, California, who collaborated with Dr. Polymenis.

"Our institute is interested in finding out why people get sick when they get old," says Dr. Kennedy.

"We think that by understanding those processes, we can intervene and find ways to extend human health span, keeping people healthier longer and slowing down aging. AFP

3  
LIFE

# Get ready for the main holiday event

**Roast Turkey with Caramelized Onion and Thyme Jus.** Try this if you're looking for a new flavour for the big bird

Check the label of your bird for weight to calculate roasting time properly. Cooking the bird unstuffed gives you control over the moistness of the breast. To be safe when cooking a stuffed bird, get the centre of the stuffing to 165 F (74 C), or you might end up with overcooked white meat.

1. Preheat oven (10 to 20 minutes) to 325 F (160 C).

2. In large frying pan, heat oil over medium-high; cook onions, whole garlic cloves, thyme and sage sprigs, and half each of the salt and pepper for 6 to 8 minutes, stirring frequently, or until onions are golden and softened. Transfer to plate; cool.

3. In bowl using a wooden spoon, cream together butter, chopped sage and thyme, chopped garlic, and remaining salt and pepper. Transfer 2 tbsp (25 ml) of mixture to a small bowl; set aside. Stir Dijon into remaining mixture.



This recipe serves 15. PRESIDENT'S CHOICE

4. Remove turkey neck and place in bottom of roasting pan. Pat turkey very dry inside and out with paper towel. Brush entire surface of turkey with Dijon herb butter, placing some under skin of breast as well. Place one-third of onion mixture into cavity of bird. Truss bird to tuck in legs and wings. Place

turkey directly in roasting pan, breast side up, and arrange remaining onion mixture in pan around bird. Cover loosely with foil.

5. Place roasting pan in bottom third of oven. Roast for 20 minutes. Add 2 cups (500 ml) water to the pan. Roast for 18 minutes per lb

(500 g) or until meat thermometer inserted at thickest part of thigh reads 185 F (85 C). Remove foil for last half-hour of cooking to allow skin to brown and crisp. Remove from oven. Carefully transfer turkey to a wire rack set over a rimmed baking sheet. Tent with foil. Let stand for 20 minutes before

carving.

6. Meanwhile, remove neck from pan and set aside. Carefully strain pan juices into a large glass measuring cup; let stand a minute to allow the fat to rise to the top. Discard solids in sieve. Spoon as much of the fat away from strained drip-

## Ingredients

- 2 tbsp (25 ml) canola oil
- 2 large onions, peeled and cut in thin wedges
- 10 cloves garlic, peeled
- 4 each sprigs sage and thyme
- 2 tsp (10 ml) salt
- 1-1/2 tsp (7 ml) black pepper
- 2/3 cup (150 ml) PC Country Churned Butter - Unsalted, soft
- 1 tbsp (15 ml) each chopped fresh sage and thyme
- 1 tbsp (15 ml) finely chopped garlic
- 1 tbsp (15 ml) Dijon mustard
- 1 PC Free From Whole Turkey, about 6.2 kg, thawed
- 1/4 cup (50 ml) dry white wine
- 2 tbsp (25 ml) all-purpose flour

pings as possible.

7. Set roasting pan over medium heat. Pour in wine; whisk briskly to get up browned bits on bottom of pan. Once reduced by half, return strained juices and neck to roasting pan. Add juices from under turkey and bring to a simmer. Stir flour into the reserved herb butter; a bit at a time, whisk into simmering turkey jus. Once all butter is whisked into jus, simmer for 3 to 4 minutes or until thickened. Discard neck. Strain again if needed. Pour into a gravy boat and serve alongside carved turkey. **PRESIDENT'S CHOICE**



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

## Give your leftovers new life

In this Turkey and Napa Cabbage Salad with Lime-ginger Vinaigrette, I take the taste buds someplace decidedly un-Christmasy.

I lean toward the anti-feast by making a salad with crunchy veggies.

Also, I completely change the flavour profile by bringing in ginger and lime, which feels more Asian-inspired.

1. In a large serving bowl, layer the cabbage, scallions, carrot, turkey, cilantro, tortilla chips

and peanuts. Set aside.

2. To make the dressing, in a small bowl whisk together the mustard, soy sauce, rice vinegar, lime juice and hot sauce until smooth. Add a tablespoon or 2 of water if too thick. Slowly whisk in the oil until well-blended and the dressing is uniform. Add the ginger and whisk until incorporated. When ready to serve, drizzle the dressing over the salad, then toss well.

**THE ASSOCIATED PRESS/FOOD NETWORK STAR MELISSA D'ARABIAN, AN EXPERT ON**

## Ingredients

### Salad

- 1/2 head napa cabbage, thinly sliced
- 2 scallions, chopped
- 1 medium carrot, grated (about 3/4 cup)
- 2 cups cubed cooked turkey (or chicken)
- 1/4 cup chopped fresh cilantro
- 1 oz low-fat baked tortilla chips,

lightly crushed

- 1/4 cup chopped peanuts

### Dressing

- 1 tbsp Dijon mustard
- 2 tbsp reduced-sodium soy sauce
- 2 tbsp unseasoned rice vinegar
- Juice of 1/2 lime (about 1 tbsp)
- 1 tsp hot sauce (such as Sriracha)
- 3 tbsp vegetable oil
- 1 tbsp grated fresh ginger

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## NHL mumps outbreak

### Penguins sit out two more players

The Pittsburgh Penguins just can't seem to shake off the mumps.

Backup goaltender Thomas Greiss and forwards Brandon Sutter and Steve Downie were sent home on Monday to undergo testing for the virus.

Teammates Sidney Crosby, Beau Bennett and Olli Maatta have already dealt with the illness, which has affected more than a dozen players across the league over the past month.

THE ASSOCIATED PRESS

## Premier League

### Terry scores in 2-0 win over Stoke

John Terry scored his first league goal of the season to help Chelsea beat Stoke 2-0 Monday and restore its three-point lead atop the Premier League.

Terry put his side ahead in just the second minute with a powerful header from a corner, and Cesc Fabregas doubled the lead in the 78th to make sure Chelsea re-established the gap on second-place Manchester City. THE ASSOCIATED PRESS

## Transfer

### Henry cleared for West Ham move

Doneil Henry is about to join the select list of Canadians to play in England's Premier League.

The 21-year-old former Toronto FC defender from Brampton, Ont., had his work permit approved Monday, paving the way for a move to West Ham United.

"Absolutely fantastic news for Doneil," said former Toronto FC manager Ryan Nelsen, who recommended Henry to West Ham boss Sam Allardyce.

THE CANADIAN PRESS

## NBA

"There could be an argument, and a strong argument, to starting our season later."



ABC's NBA analyst Jeff Van Gundy explaining that starting the NBA season on Christmas Day would "avoid a lot of the NFL and college football season." Football is quiet on Christmas, so the NBA loads up with a five-game schedule.



### Capitals stretch point streak to nine games

Capitals defenceman Brooks Orpik, left, drives Senators forward Erik Condra into the boards on Monday night in Washington. Braden Holtby made 38 saves, Jay Beagle and Nicklas Backstrom scored second-period goals, and the Capitals extended their point streak to nine games with a 2-1 win. Washington has won three in a row and is 7-0-2 in its past nine games. ALEX BRANDON/THE ASSOCIATED PRESS

# Bulls run wild over Raps in 4th quarter

**NBA.** Chicago scores franchise-record 49 points in final frame to snap Toronto's 6-game winning streak



Bulls guard Derrick Rose shoots over Raptors Amir Johnson, right, and Terrence Ross on Monday in Chicago. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

It was a night that gave Dwane Casey a chance to say "I told you so" and a night he can use as a learning opportunity as the NBA season goes on and on.

The Raptors coach can point to the repeated times he's said that his team has been playing with fire with a modicum of attention to defence and toss a game here out as prime example.

Playing the style that might beat bad teams but get you beaten by good ones, the Raptors coughed up a 129-120 decision to the Chicago Bulls, heading off into the Christmas break with much to contemplate.

The Bulls shot 54 per cent

from the field, the Raptors fouled too often and didn't rebound particularly well and their six-game winning streak was snapped by a legitimately bad defensive effort.

Chicago's outstanding

backcourt of Derrick Rose and Jimmy Butler dominated, Rose had 15 of his 29 points in a wondrous fourth quarter while Butler had 27 to go along with a game-high 11 rebounds. The Bulls set a fran-

## On Monday

|       |         |
|-------|---------|
| 129   | 120     |
| Bulls | Raptors |

chise record with 49 points in the fourth quarter.

Kyle Lowry tried to match Rose's output, finishing with 34 points but he and his teammates just couldn't string together enough defensive stops to hold off the Bulls.

Jonas Valanciunas, on a night when he set a career-high with 18 field goal attempts, had 20 points for Toronto and Terrence Ross had 17.

The Raptor bench, however, struggled. Patrick Patterson had 12 points and Lou Williams 12 but Greivis Vasquez was ineffective, missing six of the seven shots he took. TORSTAR NEWS SERVICE

# Sens rookie Lazar named captain of Canadian juniors

**'Very honoured'. B.C. centre regarded as an upbeat competitor**

Curtis Lazar has every reason to be smiling.

The always good-humoured Ottawa Senators rookie on Monday was named captain of Canada's junior hockey team for the upcoming world championship in Toronto and Montreal.

"I'm very honoured to have this opportunity, and I'm going to take full advantage of it and go out there and play hard for my country," Lazar told reporters at a hockey charity event in Montreal. "I know there's a lot of responsibility that comes

along with this, but I'm just going to try to take it in stride and be myself."

Canada's coaching staff gave Lazar the news Monday morning, shortly after the team arrived in Montreal from Ottawa, where Canada beat Sweden 5-2 in an exhibition game on Sunday. True to character, the Salmon Arm, B.C., native was grinning from ear to ear when he was told.

"As usual, I was smiling," said the 19-year-old, who was drafted 17th overall by the Senators in 2013. "It's pretty cool. I didn't know it was coming. Anyone could have it. I'm very honoured that my peers and my coaching staff think very highly of me."

"I'm a pretty positive guy for the most part. I'm always smiling and trying to keep the guys light. I like to lead by example. I really focus on little details, and I think that goes a long way."

"I want unity within the dressing room. Regardless of where you're from in Canada, we're part of a team now. No one is bigger than the team."

Lazar, who has a goal and six assists in 27 games with Ottawa this season, was lent to Canada by the Senators last week. He is one of seven returning players from last year's tournament in Malmo, Sweden, where Canada finished fourth.

One year later, Lazar is



Curtis Lazar speaks during a team availability in Montreal, Monday. Lazar has been named captain of Canada's national junior hockey team.  
GRAHAM HUGHES/THE CANADIAN PRESS

## Quoted



**"They're great young men, they want to win, they're**

**great hockey players and they want to make a difference. This is what you need in your leadership group."**

Team Canada head coach Benoit Groulx on captain Curtis Lazar and alternates Connor McDavid and Sam Reinhart

thinking of redemption.

"I was disappointed with how we played last year and the result we got," he said, looking back on Canada's semifinal loss against Finland,

and the defeat to Russia in the bronze-medal game. "Second chances don't come around too often. We're fortunate to have this chance."

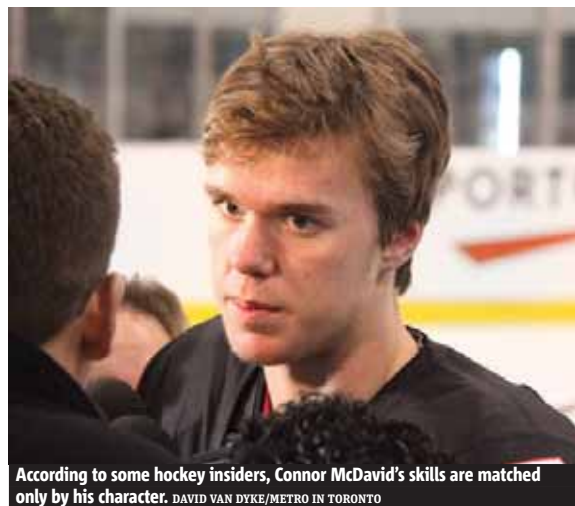
Connor McDavid of the Erie

Otters and Sam Reinhart of the Kootenay Ice will serve as alternate captains for the tournament, which officially gets underway on Dec. 26.

McDavid and Reinhart also

represented Canada at the 2014 junior championship and were teammates at the 2013 under-18 world championship, where the Canadians won the gold medal. **THE CANADIAN PRESS**

## Next big thing gets top marks for his character



According to some hockey insiders, Connor McDavid's skills are matched only by his character. DAVID VAN DYKE/METRO IN TORONTO

Will Connor McDavid be better than Sidney Crosby? Could he possibly be better than Wayne Gretzky?

While the hockey world is having that debate now with the world junior hockey championship coming up, these questions weren't what preoccupied Mark Seidel two years ago in Drummondville, Que. The veteran scout was entranced by the coming and goings of a 15-year-old McDavid playing at the world under-17s.

Anyone and his grandmother could see how special McDavid's on-ice talents were, but it wasn't what he did on the ice that had Seidel transfixed. It was off the ice where McDavid's stature grew in the scout's eyes — how the phe-

nom interacted with young fans, some in wheelchairs.

"Body language is a big thing with me," says Seidel, a talent evaluator for nearly two decades. "I like to see how people interact to see if they're legit or whether they're coached up, or what they are like when the cameras are off."

What he saw from McDavid, who was talking and playing with developmentally delayed kids, impressed him.

"You could see he genuinely enjoyed interacting with young kids," Seidel adds. "He was just a guy. He wasn't looking for cameras. You got the sense that he really enjoyed being there. He wasn't doing it because he thought he should or it was his duty. It was just

## Earning respect

**As for that November fight that left McDavid with a broken hand, well, the anti-fighting crowd didn't like it, but within hockey circles it earned the Otters star high marks.**

- "He's a guy that will solve his own problems," talent evaluator Mark Seidel says. "He's not looking at the bench for help. He's not a self-entitled kid."

the right thing to do."

That, more than his play, is the story of McDavid.

Sure, the 17-year-old for-

ward will be the centrepiece of Canada's offence at the world juniors, starting Boxing Day in Montreal and Toronto. Sure, he'll likely be the No. 1 pick for some lucky NHL team, a face of the franchise and cornerstone to build on. But it's the combination of hockey skill and character — unselfish, humble — that draws comparisons to Crosby and even Gretzky.

"I've had a lot of players with a lot of ability that I wish had more character," says Sherry Bassin, GM and owner of McDavid's OHL club, the Erie Otters, "and I've had a lot of players with a lot of character that I wish had more ability. You put them both together, you get Connor McDavid."

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You'll be inundated with coverage of the Connor McDavids, Jack Eichels and Curtis Lazars of the world juniors for the next couple weeks, but who should you watch for when the best of the best aren't on the ice? Here are a few up-and-comers you might want to keep an eye on when the tournament starts Boxing Day.



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STEVE RUSSELL/TORSTAR NEWS SERVICE

### Max Domi, forward, Canada

Max Domi, like his father Tie, isn't the biggest guy on the ice. But he's possessed an ability to produce offensively throughout his entire junior hockey career with the London Knights. He's also formed instant chemistry playing on a line with Anthony Duclair, who has appeared in 18 games for the NHL's New York Rangers this season. Early in the pre-tournament games, those two players have arguably been Canada's best up front.

5

## Dark horses to watch at the WJC



### Kasper Kapanen, forward, Finland

Drafted 22nd overall by the Pittsburgh Penguins in June's NHL draft, Kasper Kapanen, the son of former NHL forward Sami Kapanen, has represented Finland before on the international stage, but never in the world junior championship. He missed that opportunity in 2014 due to injury. The Finns are the defending gold-medal champs, but are expected to be led offensively by Kapanen, who is having a breakout year in SM-liiga.

### Mirco Mueller, defenceman, Switzerland

The Swiss may not garner much attention in this tournament. But they do have a defenceman with NHL experience in Mirco Mueller, who has played in 24 games with the San Jose Sharks. Like his team, Mueller, taken 18th overall in 2013, might not be as well-known because of the country he plays for, and there's plenty more talent in this tournament. He's had international experience before, with three points in five games at a U-18 competition.



CHRISTIAN PETERSEN/GETTY IMAGES



NATHAN DENETTE/THE CANADIAN PRESS

### Ilya Sorokin, goalie, Russia

Not sure if he counts as an unknown figure in this tournament after the pre-tournament performance he had against Team Canada, but Russian goalie Ilya Sorokin joined the Russian camp from the KHL. Drafted in the third round by the New York Islanders, he was not among the goaltenders for Russia at last year's tournament. Though if he plays like he did in a 52-save effort against Canada last week, it will be difficult to beat the Russians.

### Thatcher Demko, goalie, United States

Thatcher Demko didn't get the chance to play in a game for the U.S. junior team in last year's competition, but he could certainly challenge for the starting role in 2015. Drafted in the second round by the Vancouver Canucks, he stopped all 14 shots faced in the opening half of the first pre-tournament game for the Americans. Many eyes will be on Jack Eichel, who could go first overall next June. Strong goaltending could make the U.S. a golden contender.

BRUCE BENNETT/GETTY IMAGES



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## Horoscopes by Sally Brompton

### Aries

March 21 - April 20

Saturn's influence over the next few days will encourage you to think before you act. If you are going to be ruthless, be ruthless with yourself.

### Taurus

April 21 - May 21

Try not to scatter your energy in too many directions because it's unlikely you will be able to maintain the pace. Focus on the one thing that matters most to you.

### Gemini

May 22 - June 21

The changes that take place over the next few days will work in your favour in the long term. If you take a risk it may well pay off but don't expect instant profit or pleasure.

### Cancer

June 22 - July 23

If someone tries to interfere in your personal affairs you must let them know you're not having it. Sometimes you have to act tough from the start and this is one of those times.

### Leo

July 24 - Aug. 23

A breakthrough is about to occur. Your rivals may say you have been lucky but you just worked harder than they did.

### Virgo

Aug. 24 - Sept. 23

There is so much you want to accomplish but if you are smart you will set realistic goals, both for this week and for the new year. Take each day as it comes.

### Libra

Sept. 24 - Oct. 23

Don't worry if others poke holes in your plans. You don't need anyone's permission to follow your dreams. Go it alone if you have to.

### Scorpio

Oct. 24 - Nov. 22

Travel and social activities will be fun over the holidays but the ride won't always be smooth. Plan ahead and give yourself plenty of time.

### Sagittarius

Nov. 23 - Dec. 21

Saturn's move into your sign marks the start of a two-year phase that will test you. The good news is you can handle whatever life throws at you.

### Capricorn

Dec. 22 - Jan. 20

The tougher the task the more you like it with Saturn moving into the most sensitive area of your chart those tasks won't always be physical. Get your head together and everything else will fall into place.

### Aquarius

Jan. 21 - Feb. 19

Don't let others pressure you into accepting an offer you have no way of knowing is right for you. It could mean a lot more work for little return.

### Pisces

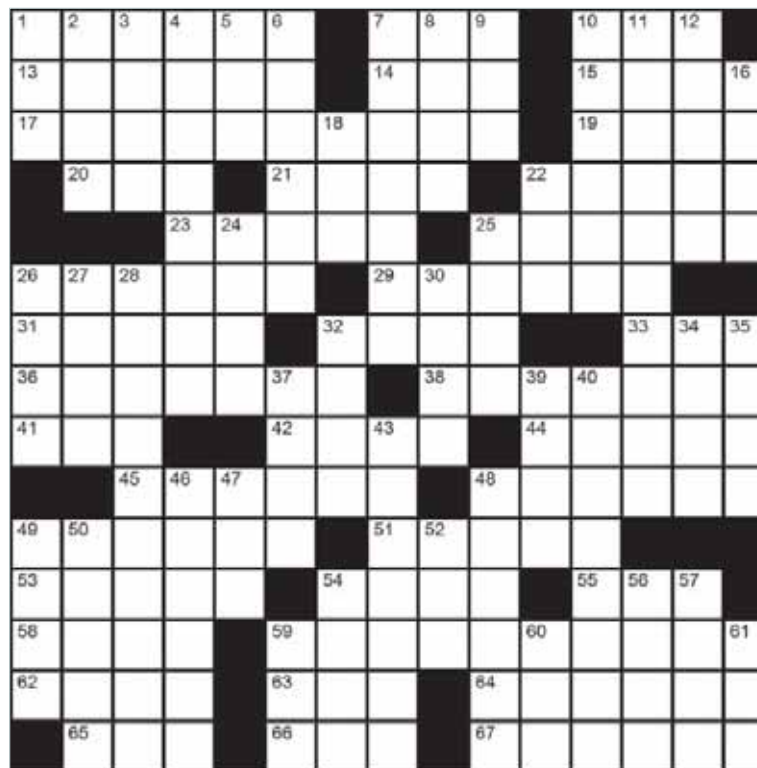
Feb. 20 - March 20

If you find it hard to discuss things in a civilized manner with certain people then the best thing to do is to stay out of their way.

## Crossword: Canada Across and Down by Kelly Ann Buchanan

### Across

1. Canadian voicer of Rudolph in 1964 TV classic "Rudolph the Red-Nosed Reindeer", \_\_\_ Mae Richards (b.1921 - d.2010)
7. Big name in trucks
10. AOL exchanges
13. "Christmas Is Coming" bit: "Please put a penny in \_\_\_ man's hat."
14. Hawaii's Mauna \_\_\_
15. Orchestra instrument
17. #1-Across... King Moonracer is a what? 2 wds.
19. Norway's capital
20. Tic-\_\_\_Toe
21. Superlative suffix
22. More abundant
23. "\_\_\_ we all?"
25. Cherry: French
26. Applied lightly
29. Shoe-lace-insertion spot
31. "Must Be Santa" part: "Who wears boots and \_\_\_ of red..."
32. Singleton
33. Audi models
36. Far: 2 wds.
38. Crafty Christmas garland material
41. Ship's stern
42. Taken: French
44. Level
45. Resident of The Buckeye State
48. Christmas sleigh



- pullers
49. Actor Ed's
51. Mr. Desman, Canadian singer
53. Category
54. Adjective's friend
55. Bother
58. Speck

59. Festive season exchange: 2 wds.
62. Fragrant flower
63. Wood sorrel
64. Evangeline's home
65. Comedian Tina
66. Atop, in verse
67. Rents again

### Down

1. Texter's 'incident-ally'
2. "\_\_\_ the jack-pot!!!"
3. Ms. Horne
4. Rustic place in the country: 2 wds.

5. 'Percent' suffix
6. Whirled in the water
7. Sparkle like tinsel
8. \_\_\_ point
9. Tin
10. Ivory: French
11. Domain of

#17-Across, Island of

12. #1-Across... Toronto-born actor who is #46-Down's voice, Paul \_\_\_
16. Legend
18. Mr. Dykstra
22. Faith [abbr.]
24. Network of nerves
25. Mackerel variety
26. Mr. Carvey
27. \_\_\_ yet (So far)
28. Frosty the Snowman feature: 2 wds.
30. Slangy positives
32. Scot's 'odd'
34. Christmas \_\_\_
35. Grads-to-be, briefly
37. Blood type, \_\_\_
39. Snow remover
40. Festival, as in Wintertime
43. To an extent: 3 wds.
46. As per #12-Down... Elf who wants to be a dentist
47. Pique
48. Airplane garage
49. Culture medium
50. \_\_\_ Christmas plates
52. Beach structure
54. Naughty or \_\_\_
56. Christmas carol: "Sleigh \_\_\_"
57. Make a scarf
59. Gunk
60. Frozen pond surface
61. Tank filling

## Yesterday's Crossword



## Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)

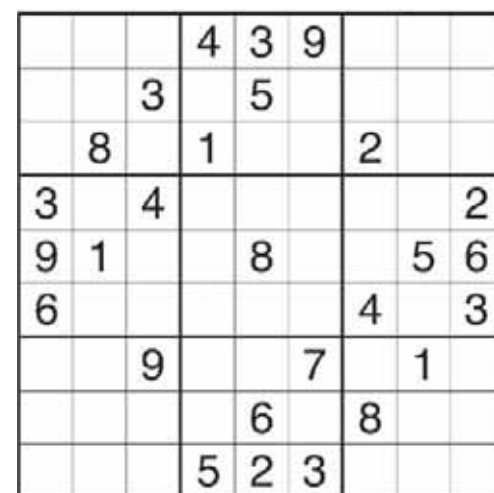


## Conceptis Sudoku by Dave Green

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

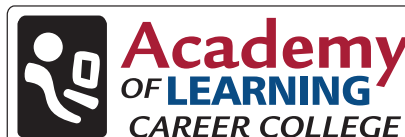
## Yesterday's Sudoku



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